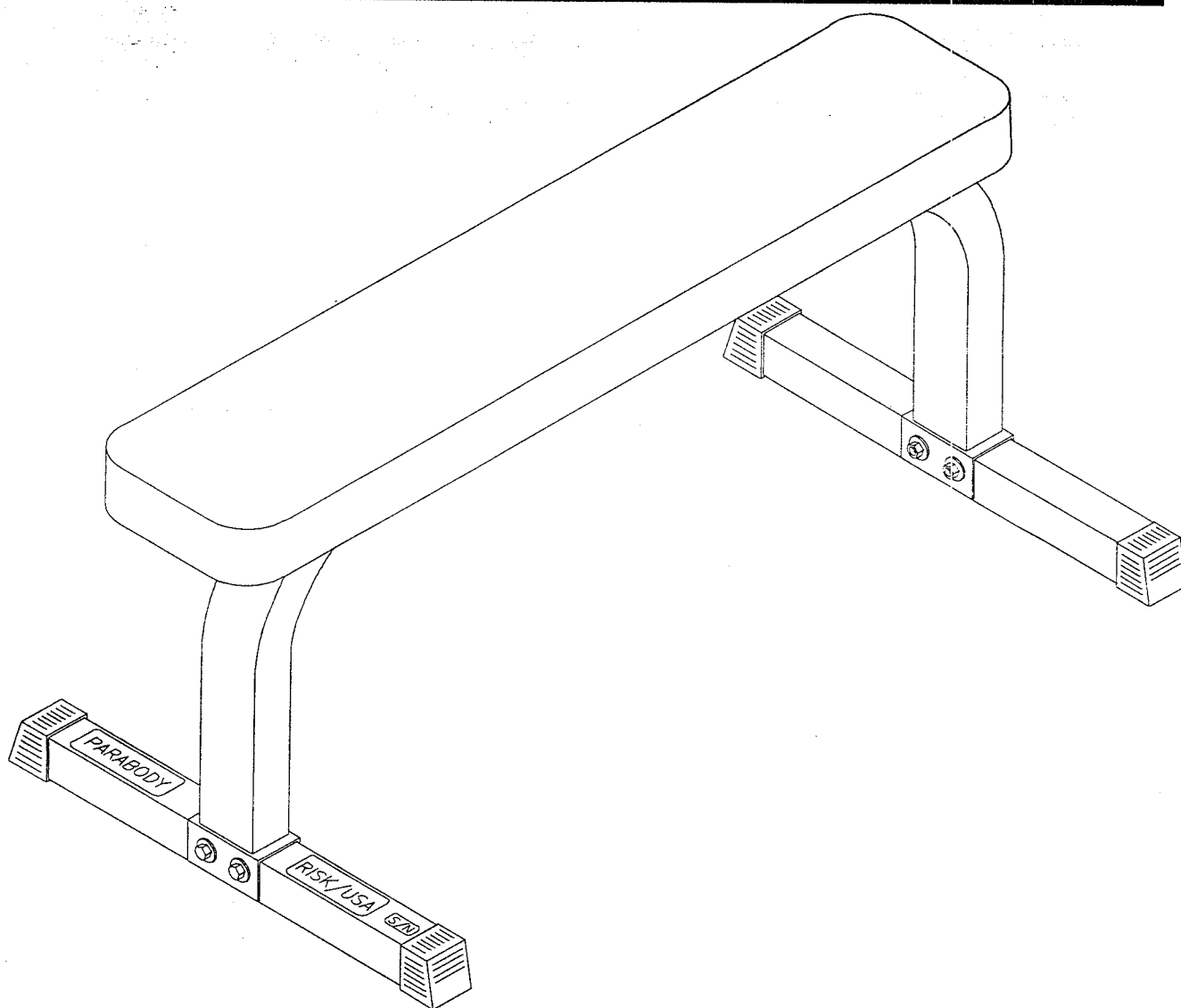


PARABODY

Serious Steel

828104 FLAT BENCH



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF ***Serious Steel!***

Please note:

- * Thank you for purchasing the Parabody 828104 FLAT BENCH.
Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

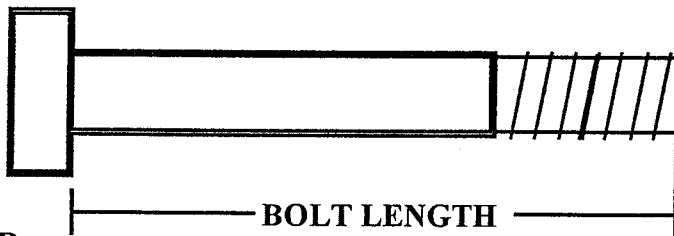
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

Tools Required for Assembly

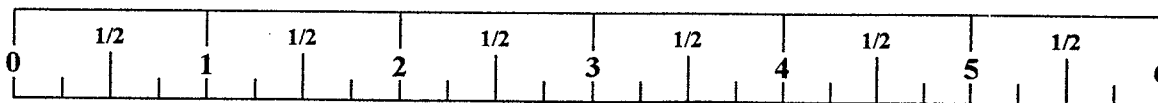
- * 9/16" wrench
- * Ratchet with 9/16" socket
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6589703	BENCHFRAME	1	5	3102802	3/8" LOCK NUT	4
2	6600403	TUBE	2	6	3102904	3/8 X 3" BOLT	6
3	6593202	PAD ASSEMBLY	1	7	6467001	2" SQ. COVER CAP	4
4	3102501	3/8" WASHER	10				

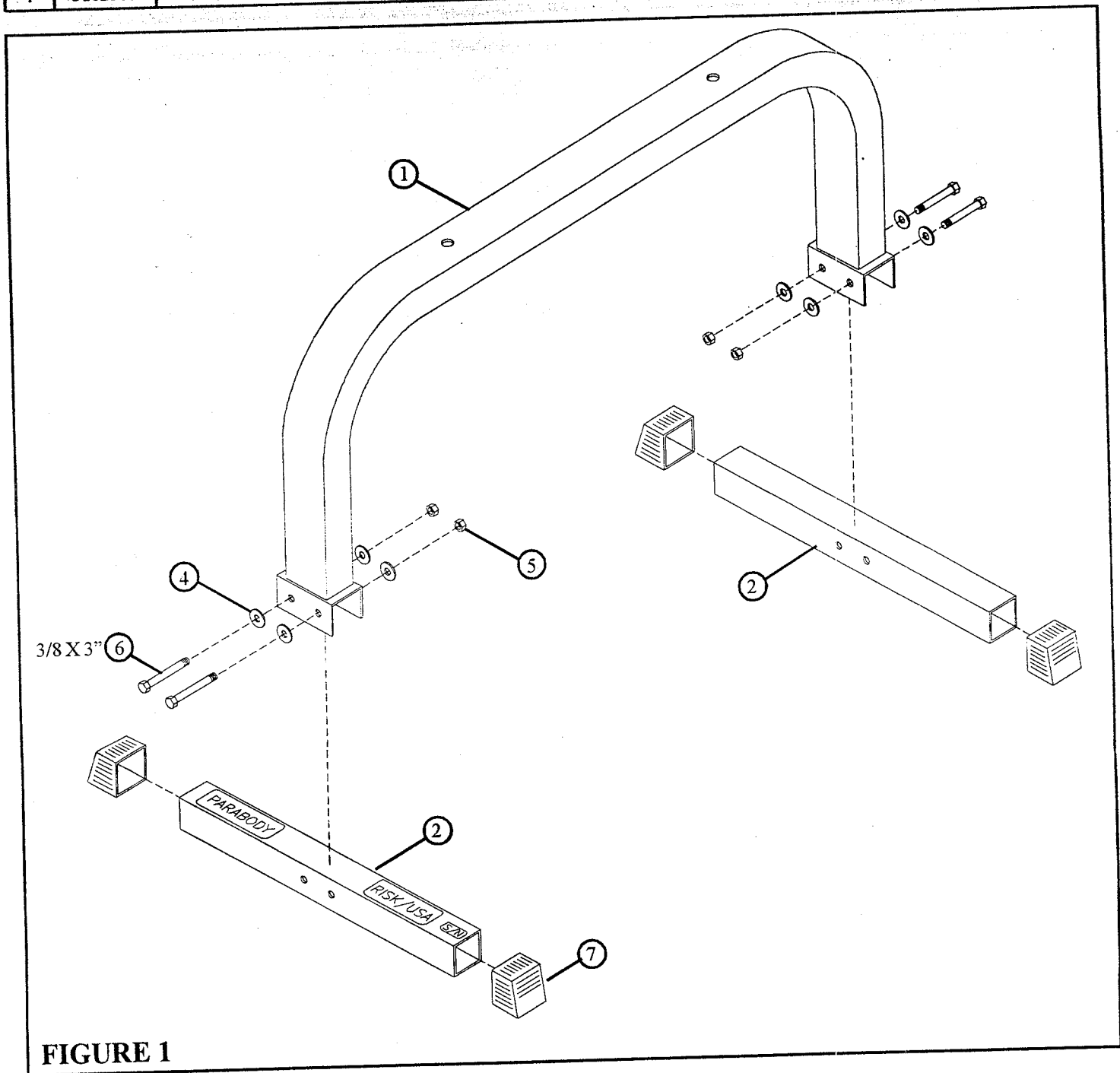
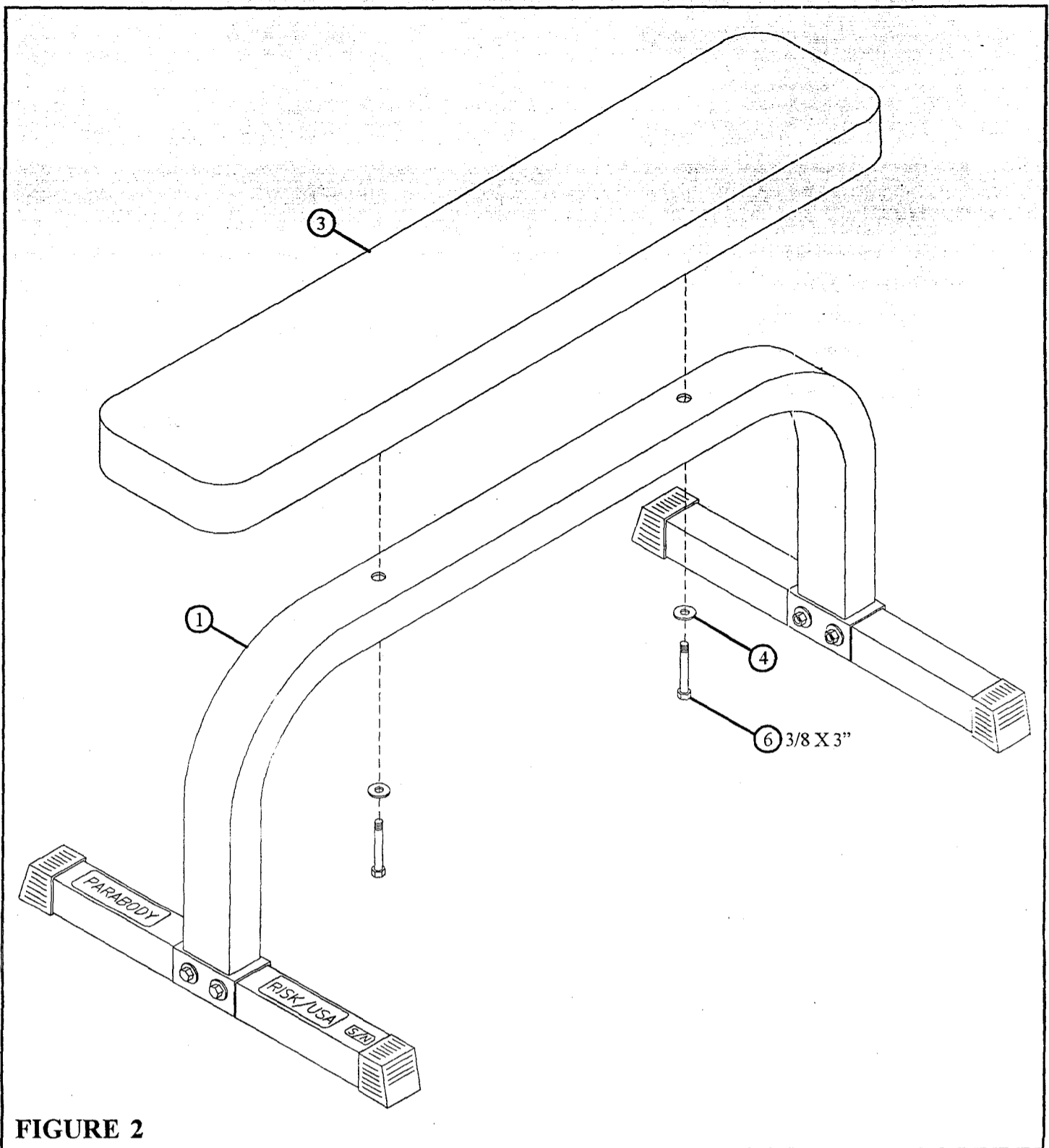


FIGURE 1

STEP 1:

- Insert two 2" SQ. COVER CAPS (7) into the ends of the TUBE (2) as shown in FIGURE 1.
- **SECURELY** assemble the two TUBES (2) to the BENCHFRAME (1) using four 3/8 X 3" BOLTS (6), eight 3/8" WASHERS (4), and four 3/8" LOCK NUTS (5). See FIGURE 1.



STEP 2:

- **SECURELY** assemble the PAD (3) to the BENCH FRAME (1) using two 3/8" X 3" BOLTS (6), two 3/8" WASHERS (4). See FIGURE 2.

THIS CONCLUDES THE ASSEMBLY OF THE 828104 FLAT BENCH

